

THE KETODIET COOKBOOK: 150 GRAIN-FREE, SUGAR-FREE, AND STARCH-FREE RECIPES FOR YOUR LOW-CARB, PALEO, OR KETOGENIC LIFESTYLE by Martina Slajerová  
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**The KetoDiet Cookbook: 150 Grain-Free, Sugar-Free, and Starch-Free Recipes for Your Low-Carb, Paleo, or Ketogenic Lifestyle** Live healthy and give your metabolism the jolt it needs to really burn off that extra weight! You love your Paleo or low-carb diet, but is it enough to give your metabolism the jolt it needs to really burn off that extra weight in order to live a healthier life? By eating foods higher in good fats, Live healthy and give your metabolism the jolt it needs to really burn off that extra weight! You love your Paleo or low-carb diet, but is it enough to give your metabolism the jolt it needs to really burn off that extra weight in order to live a healthier life? By eating foods higher in good fats, moderate protein, and little-to-no carbohydrates, you'll feel less hungry. Not only that, but your body begins to burn fats stores instead of the carbohydrates and glucose that usually bog down your system. The KetoDiet Cookbook contains 150 recipes and practical information for living and adhering to a ketogenic lifestyle. Martina Slajerova, founder of the KetoDiet blog, provides a complete guide to the ketogenic diet based on the most recent research. Discover the science behind the ketogenic diet and the abundant practical solutions that benefit both beginners and advanced keto-dieters. Indulge in 150 recipes created to be perfectly compatible with ketogenic, low-carb, high-fat, gluten-free, grain free, paleo, primal, and ancestral diets. Recipes featured in The KetoDiet Cookbook are totally free of: - Grain - Sugar - White potatoes - Legumes - Additives/Artificial sweeteners - Unhealthy oils/fats - Dairy-free options are also included With 150 recipes, including soups, breakfasts, appetizers, sides and sauces, you'll be enjoying delicious meals while giving your body the boost it deserves! ...more The KetoDiet Cookbook: 150 Grain-Free, Sugar-Free, and Starch-Free Recipes for Your Low-Carb, Paleo, or Ketogenic Lifestyle PDF ebook

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